Safety Bits
for
School Age Kids

Swimming

- Swim With a Buddy
- Swim in (BSB) Authorized Swimming Areas
- Don’t Swim Immediately After Eating a Meal
- Know Your Swimming Ability
- Check Water Before Diving
- Don’t Leave Small Children Unsupervised in / Near Water
- If Someone is Drowning -- GET HELP Right Away -- Call 110 (Germany Off-Post).

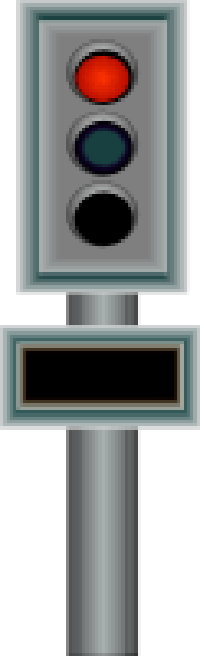
Skateboarding / Rollerblading

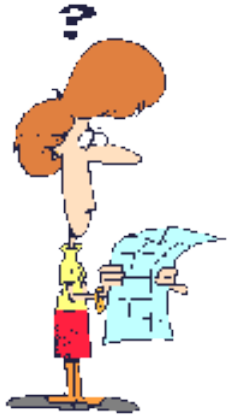
- Wear protective equipment
- Don’t overestimate your abilities
- Use sidewalk/path or designated area!
- Wearing portable headphones, earphones, or other similar devices while skating or bicycling along traffic environment is prohibited.

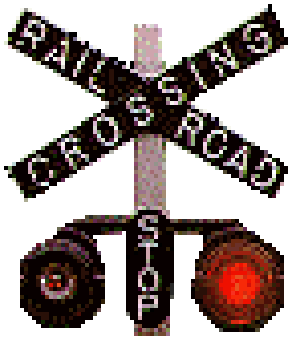
Bicycle Safety

- Wear CPSC Approved Helmets
- Inspect Your Bicycle Regularly
- Obey Traffic Rules
- Don’t Ride Your Bike During Hours of Darkness
- Use Hand Signals
- Ride Single File
- Stay on Bike Path / Ride On Right Side Of Road

REMEMBER: Bikes Always Lose in Collisions With Motor





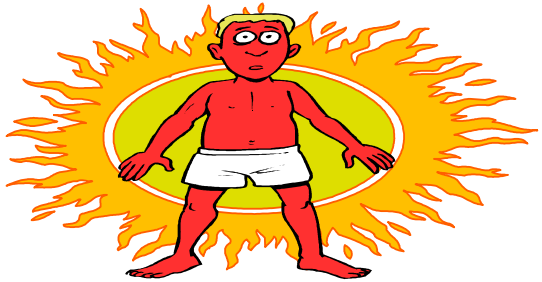


PEDESTRIAN SAFETY

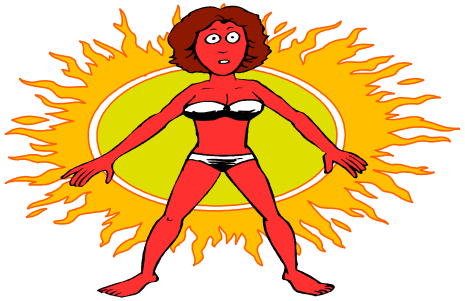
- Stay off of railroad tracks - Deadly
- NEVER walk across autobahns - Follow arrows to nearest phone: Lift receiver, wait for operator, give # of phone
- Use Crosswalks
- Obey Pedestrian Crossing lig

SUNBURN PREVENTION

- Use sunscreen - reapply frequently
- Moderation - avoid extended exposure during peak hours (1000-1600)
- Avoid repeated exposure
- Seek medical care if severely burned
- Wear a hat



Heat Stress



- **Know the signs and symptoms of heat stress. Stop your activities before you begin to feel them.**
- **Do heavy physical activity early in the morning or at night.**
- **Maintain proper hydration. Drink small amounts frequently. Avoid feeling thirsty!**
- **Wear loose, breathable clothing such as cotton, linen or silk. Wear hats and use sun screen.**
- **Stay in good physical condition.**

DON’T LEAVE SMALL CHILDREN OR PETS IN A CLOS' ' CAR

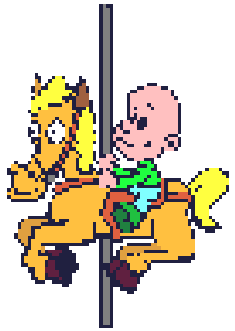
Every year children and pets die when they are left in hot vehicles

Bar-B-Q/Picnics

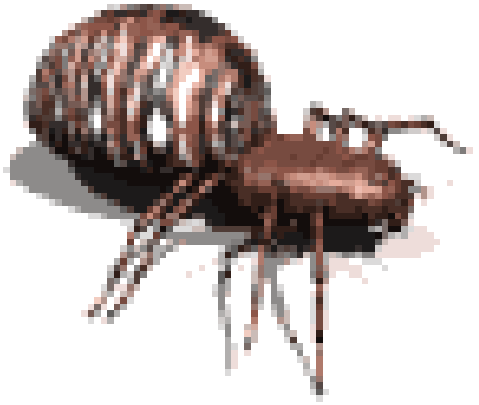
- Never apply lighter fluid, gasoline etc. to hot coals

- Stay away from the grill / hot coals
- Watch for bees while eating and drinking

Amusement Parks



- Ensure rides are appropriate age and physical condition
- Wear / use protective device



- **Use insect repellent (follow directions).**

- **When camping, inspect bedding before use, and avoid sleeping or leaving clothes in damp places.**

- **Drinks, food, and crumbs attract insects.**

- **Ticks are very common here. Check yourself and pets (if you don't**